



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

## Statistics Report 01275, Yogurt, Greek, nonfat, vanilla, CHOBANI

Report Date: July 16, 2017 18:26 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	82.03	6	0.260	81.3	82.9	5.0	81.364	82.702	1	Analytical or derived from analytical	--	07/2014
Energy	kcal	71	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Energy	kJ	295	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Protein <sup>1</sup>	g	9.07	6	0.100	8.76	9.46	5.0	8.812	9.328	1	Analytical or derived from analytical	--	07/2014
Total lipid (fat) <sup>1</sup>	g	0.22	6	0.031	0.1	0.3	5.0	0.138	0.296	1	Analytical or derived from analytical	--	07/2014
Ash <sup>1</sup>	g	0.59	6	0.014	0.53	0.62	5.0	0.556	0.628	1	Analytical or derived from analytical	--	07/2014
Carbohydrate, by difference	g	8.09	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Fiber, total dietary <sup>1</sup>	g	0.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Sugars, total <sup>1</sup>	g	7.61	3	0.397	7.19	8.4	2.0	5.898	9.314	1	Analytical or derived from analytical	--	07/2014

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Sucrose <a href="#">1</a>	g	3.44	3	0.254	3.12	3.94	2.0	2.342	4.532	1	Analytical or derived from analytical	--	07/2014
Glucose (dextrose) <a href="#">1</a>	g	0.30	3	0.115	0.18	0.53	2.0	-0.196	0.795	1	Analytical or derived from analytical	--	07/2014
Fructose <a href="#">1</a>	g	0.47	3	0.059	0.38	0.58	2.0	0.218	0.722	1	Analytical or derived from analytical	--	07/2014
Lactose <a href="#">1</a>	g	2.72	3	0.026	2.68	2.77	2.0	2.611	2.835	1	Analytical or derived from analytical	--	07/2014
Maltose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2014
Galactose <a href="#">1</a>	g	0.68	3	0.023	0.63	0.7	2.0	0.576	0.777	1	Analytical or derived from analytical	--	07/2014
Starch <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	106	6	1.145	101	109	5.0	103.39	109.277	1	Analytical or derived from analytical	--	07/2014
Iron, Fe <a href="#">1</a>	mg	0.05	6	0.004	0.04	0.06	5.0	0.035	0.057	1	Analytical or derived from analytical	--	07/2014
Magnesium, Mg <a href="#">1</a>	mg	11	6	0.095	10	11	5.0	10.374	10.86	1	Analytical or derived from analytical	--	07/2014

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Phosphorus, P <a href="#">1</a>	mg	126	6	0.843	123	129	5.0	124.166	128.501	1	Analytical or derived from analytical	--	07/2014
Potassium, K <a href="#">1</a>	mg	130	6	2.892	117	136	5.0	122.734	137.6	1	Analytical or derived from analytical	--	07/2014
Sodium, Na <a href="#">1</a>	mg	36	6	1.341	34	41	5.0	32.685	39.581	1	Analytical or derived from analytical	--	07/2014
Zinc, Zn <a href="#">1</a>	mg	0.49	6	0.008	0.46	0.51	5.0	0.466	0.508	1	Analytical or derived from analytical	--	07/2014
Copper, Cu <a href="#">1</a>	mg	0.019	6	0.001	0.01	0.02	5.0	0.017	0.022	1	Analytical or derived from analytical	--	07/2014
Manganese, Mn <a href="#">1</a>	mg	0.008	6	0.000	0.01	0.01	5.0	0.007	0.008	1	Analytical or derived from analytical	--	07/2014
Selenium, Se <a href="#">1</a>	µg	10.6	3	0.153	10.4	10.9	2.0	9.943	11.257	1	Analytical or derived from analytical	--	07/2014
<b>Vitamins</b>													
Thiamin	mg	0.028	--	--	--	--	--	--	--	1	Calculated or imputed	01256	07/2014
Riboflavin <a href="#">1</a>	mg	0.233	3	0.032	0.18	0.29	2.0	0.097	0.37	1	Analytical or derived from analytical	--	07/2014
Niacin <a href="#">1</a>	mg	0.217	3	0.012	0.2	0.24	2.0	0.165	0.268	1	Analytical or derived from analytical	--	07/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid <a href="#">1</a>	mg	0.390	2	--	0.39	0.39	--	--	--	1	Analytical or derived from analytical	--	07/2014
Vitamin B-6 <a href="#">1</a>	mg	0.053	3	0.003	0.05	0.06	2.0	0.04	0.066	1	Analytical or derived from analytical	--	07/2014
Vitamin B-12 <a href="#">1</a>	µg	0.70	2	--	0.69	0.71	1.0	--	--	1	Analytical or derived from analytical	--	07/2014
<b>Lipids</b>													
Fatty acids, total saturated	g	0.178	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
4:0 <a href="#">1</a>	g	0.009	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
6:0 <a href="#">1</a>	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
8:0 <a href="#">1</a>	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
10:0 <a href="#">1</a>	g	0.022	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
12:0 <a href="#">1</a>	g	0.012	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
14:0 <a href="#">1</a>	g	0.023	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

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15:0 <sup>1</sup>	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
16:0 <sup>1</sup>	g	0.074	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
17:0 <sup>1</sup>	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:0 <sup>1</sup>	g	0.025	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
24:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Fatty acids, total monounsaturated	g	0.060	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
14:1 <sup>1</sup>	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
15:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated <sup>1</sup>	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
16:1 c <sup>1</sup>	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
16:1 t <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
17:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:1 undifferentiated <sup>1</sup>	g	0.054	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:1 c <sup>1</sup>	g	0.047	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:1 t <sup>1</sup>	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:1 <sup>1</sup>	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:1 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:1 c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 t <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
24:1 c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Fatty acids, total polyunsaturated	g	0.011	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
18:2 undifferentiated <sup>1</sup>	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:2 n-6 c,c <sup>1</sup>	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:2 CLAs <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:2 t not further defined <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:3 undifferentiated <sup>1</sup>	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:3 n-6 c,c,c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

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18:3 <i>1</i>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:4 <i>1</i>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:2 n-6 c,c <i>1</i>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:3 undifferentiated <i>1</i>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:3 n-6 <i>1</i>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:4 undifferentiated <i>1</i>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:5 n-3 (EPA) <i>1</i>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:4 <i>1</i>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:5 n-3 (DPA) <i>1</i>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:6 n-3 (DHA) <i>1</i>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

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Fatty acids, total trans	g	0.007	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Fatty acids, total trans-monoenoic	g	0.007	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18d, 2014 Beltsville MD